1:Griffiths M-5 (ca. 1940) 1946 AW37 Kol AW37

include, fish, goat, chicken, hare, mutton, buck, and even pork. Apparently carrion is never eaten. The flesh of the deer may be eaten but not that of the tiger. The villager is an adept at preparing vegetables for his curries, and throughout the year depends largely upon the following according to the seasons: *sags* of various kinds; egg plants; pumpkins and gourds; okra; potatoes, both ordinary and sweet; onions; roots of various plants; and corn on the cob roasted until it is brown.

The community feast, or feasts, given to a relatively large group on special occasions, are things which help to break the monotony of diet. Community feasts are usually paid for out of the proceeds of fines levied by the *panch*. An individual also may give a feast as a thank-offering, or at child-birth, at the time of a wedding, or at death. One of the favourite foods is said to be a preparation described below known as *bara*, and is served at every feast. If some social event should make a feast obligatory, and if the person concerned should fail to provide the expected meal, the *panch* brings pressure upon him to do so. If he still fails, the person is boycotted for a period. The usual menu at such a feast includes rice and *chapatis*, pulse, vegetable curry, *chatni*, *bara* and if they can be afforded, meats of various kinds. Kols drink milk when it is available and apparently do not feel that all milk should be kept for the calf, as some Munda tribes believe. Milk is also used in the preparation of certain special foods, such as *khir*, which is used for the child's first feeding. See below.

Foods are usually divided into two classes: *pakka* and *kachha*. The former kind is cooked in *ghi* or *ghi* is used in its preparation, and the latter is simply cooked with water. *Ghi*, like other products from the sacred cow, protects from impurity. While caste Hindus have numerous restrictions in connection with this classification, the Kols do not seem to be particular in this regard. They will take food cooked by "clean" Hindu castes, but never from those castes which they consider below them, such as Chamars, Mahars, Dhobis, Basors, and Doms. Nowhere Kols seemed to be starved nor emaciated. Apparently, they have enough to keep them in fairly good health, though not in abundance. We did not find stout people among them.

The main food-stuffs are listed below. In an average Kol house all of these are probably not found at any one time, but they are those used when available:

Grains: Wheat, rice, millet (in northern areas).

Pulses: Black pulse (*Phaseolus radiatus*). Red and yellow types (*Cajanus indicus* and *Dolichos lablab*).

Oils: Mustard oil usually from *Guisotia abyssinica*. Sweet oil or.